



## Diarrhea Management Diet

### General Description

This diet eliminates foods known to be intestinal irritants, as well as those that may aggravate diarrhea. This diet is planned in three progressive phases. Phase I is a low-fiber, low-lactose, low-fat, low-osmolality diet planned in frequent small feedings and includes 6-8 oz. yogurt/day. Once a noticeable improvement in the frequency and/or consistency of bowel movements is observed (usually within 2-4 days), the diet is then progressed to Phase II. In this phase, the osmolality and fat content of the diet are increased slowly. As tolerance to Phase II is achieved (usually within 2-4 days), progression to Phase III is indicated. In some individuals, high-fiber, high-fat foods as well as lactose-containing dairy products may still need to be limited.

### Indications for Use

This diet is intended for use in cases of problematic diarrhea where risk of dehydration, electrolyte imbalance, and/or impaired nutrient intake/utilization is apparent.

### Guidelines

#### PHASE I (Usually 2-4 Days)

- Limit fat intake to less than 15 grams/day; avoid margarine, butter, oils, mayonnaise, salad dressings, spreads, sauces, gravies, fried foods, peanut butter, meat, poultry, and fish.
- Limit fiber; avoid raw or cooked vegetables, fresh fruits (with the exception of banana), and bran cereals.
- Limit osmolality; avoid fruit juices, sugar, desserts, candy, sweetened gelatin, sweetened beverages, and other concentrated sweets.
- Limit lactose-containing dairy products; avoid milk, cheese, ice cream, cream soups, and custard.
- Include 6-8 ounces of yogurt in diet daily; preferably plain, vanilla or lemon flavored. Due to the lactobacillus culture, yogurt is low in lactose content and can help to re-establish a normal balance of gut flora.
- Limit caffeine; avoid coffee, strong tea, caffeinated carbonated beverages, chocolate.
- Eat small frequent feedings.
- Avoid all spices and seasonings, with the exception of salt.

## Diarrhea Management Diet

### Foods Allowed Are Limited to the Following:

Hot Cereal  
 Plain Toast, Bread, Roll, Crackers  
 Plain Noodles, Rice, Mashed Potatoes  
 Unsweetened Canned Fruit (no pineapple)  
 Banana  
 Chicken Noodle or Rice Soup  
 Broth or Bouillon  
 Yogurt (plain, vanilla, or lemon flavored)  
 Decaffeinated or Weak Tea

### Suggested Meal Plan (Phase I)

Breakfast	Lunch	Dinner
Banana	Plain Rice	Plain Potato (no skin) with Plain Yogurt
Cream of Wheat	Plain Toast	Plain Toast or Roll
	Unsweetened Slice Peaches	Unsweetened Applesauce

  

Mid Morning	Mid Afternoon	Evening
Chicken Noodle or Rice Soup	Decaffeinated Tea	Banana
4 Saltines	4 Plain Graham Crackers	Vanilla Yogurt

**Diarrhea Management Diet****PHASE II (Usually 2-4 Days)**

Once noticeable improvement in the frequency and/or consistency of bowel movements is observed, the diet is then progressed to Phase II. In this phase, the use of concentrated sweets and fat in the diet is increased slowly.

**PHASE II—Foods To Be Gradually Added to Diet**

Plainly Cooked Chicken, Turkey, Whitefish, or Eggs  
 Sweetened Gelatin  
 Non-Caffeinated Carbonated Soda  
 Sweetened Canned Fruit (no pineapple)  
 Plain, Well-Cooked Green Beans, Summer or Winter Squash, Carrots, Beets  
 Sherbert, Fruit Ice, or Popsicles  
 Fruit Juice  
 2-3 Teaspoons of Margarine, Oil, or Mayonnaise

**Suggested Meal Plan (Phase II)**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Apple Juice	Chicken Rice Soup	Boiled Chicken Breast
Poached Egg	Canned Peaches	Mashed Potatoes w/ 1 tsp. Margarine
Dry Toast	4 Plain Crackers	Well-Cooked Carrots
Decaffeinated Tea		1/2 Cup Gingerale

  

<b>Mid Morning</b>	<b>Mid Afternoon</b>	<b>Evening</b>
Gelatin	Oatmeal	Lemon Yogurt
2 Slices Plain Toast	Decaffeinated Tea	Cranberry Juice
2 tsp. Margarine		

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### PHASE III

As tolerance to Phase II is achieved (usually within 2-4 days), progression to Phase III is indicated.

#### **PHASE III—Foods To Be Gradually Added to Diet**

Phase III should be maintained until diarrhea is satisfactorily resolved. Only at that point should the diet be slowly advanced to a regular diet. In some individuals, a regular diet may not be well tolerated, and thus, high-fiber, high-fat foods as well as dairy products containing lactose may still need to be limited. The dietitian will assist in individualizing the diet plan, assessing tolerance and recommending dietary progression as indicated.

All Plainly Cooked Meats

All Well-Cooked Vegetables

Naturally Aged Hard Cheese Such As Cheddar—Limit to 2 oz. day

Fresh Fruits without Tough Skins

Increase Fats to 3-4 Teaspoons of Margarine, Oil, or Mayonnaise

Caffeine as Tolerated